



CYO SPORTS UPDATE



CYO sports are open for all St. Vincent de Paul and St. Theresa parishioners.

Mandatory Parent Like A Champion Workshop Registration

To register a child athlete in a CYO Athletics sports offering (Grades K-8), it is mandatory that one parent/guardian register and complete the 1-hour Parent Like a Champion Workshop. This is a one-time requirement. The workshop is now offered virtually online.

Click "Use Coupon Code" and Enter "**Parent2025**" - **DO NOT PAY FOR THE COURSE**

<https://teamsideline.com/sites/seattlecyo/content/35601/Parent-Workshop>
or scan QR code →



Volleyball (4-8)



LATE Registration is **still open** for the following teams
until **January 23rd**:



4th Grade Co-Ed, 5th Girls, 6th Girls, 6th Boys, 7th Girls, and 8th Girls

NOW OPEN: 7TH/8TH Boys

Uniforms are **NOT** included with registration fees

Practice Schedule (Starting Week of January 26th)

4th Co-Ed: Mondays and Fridays 6:00 PM – 7:00 PM

5th Girls: Mondays and Fridays 6:00 PM – 7:00 PM

6th Boys: Tuesdays 5:30 PM – 6:30 PM, Thursdays 6:00 – 7:00 PM

6th Girls: Mondays and Fridays 7:00 PM – 8:00 PM

7th Girls: Tuesdays and Thursdays 4:45 PM - 6:00 PM

8th Girls: Mondays and Fridays 4:30 PM – 6:00 PM

7th/8th Boys: Mondays and Fridays 4:30 PM – 6:00 PM



Basketball (3rd Grade)



If you are interested in coaching 3rd grade boys basketball, please contact the
Basketball Coordinator.



Registration will open soon after Volleyball games are scheduled

Registration Deadline: Friday, March 6, 2026

League Games:

April: 24, 25, 26

May: 1, 2, 3, 8, 9, 10, 15, 16, 17, 30, 31

June: 5, 6, 7



For more information and for registration for
CYO please visit

www.stvs.us/parents/cyo.cfm (click on
TeamSideline link) or scan QR Code.

****Please create an account, so you don't miss
out on announcements for registrations or
special events from CYO.****

Basketball Coordinator: James Pogue
(cyobasketball@stvs.us)

CYO Athletic Director: Barbara Gambill
(cyo@stvs.us)



**NEEDED: Track & Field Head
Coach and Assistant Coaches.
Please contact the Athletic
Director if interested.**